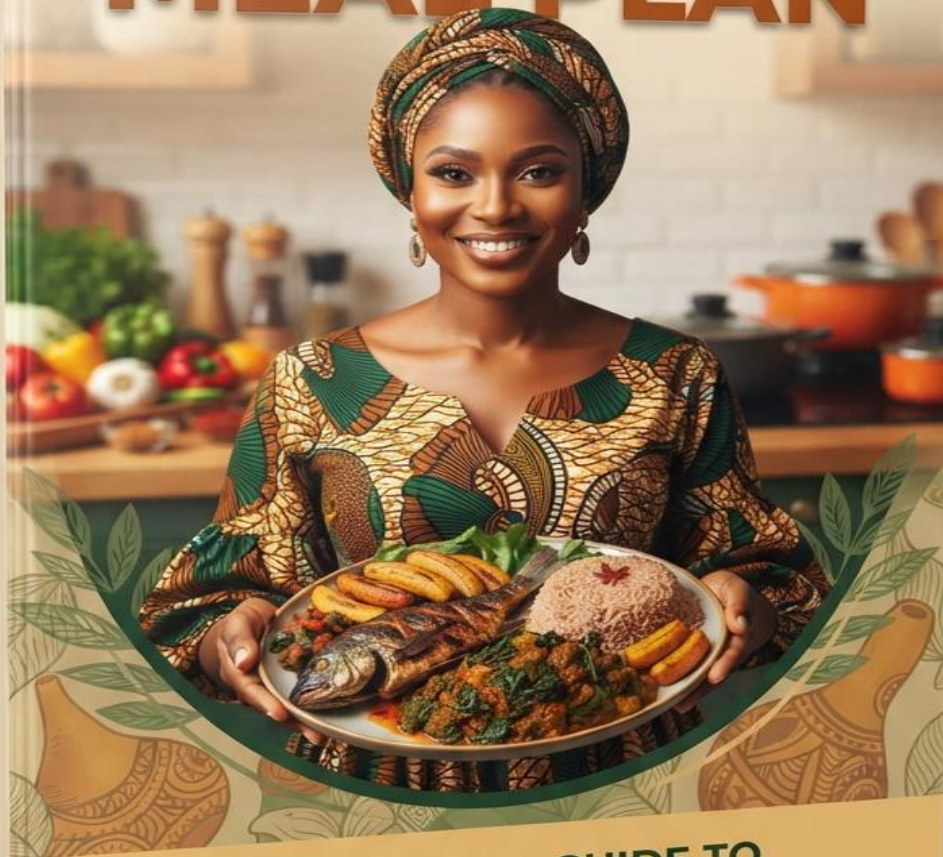


ENIOLA ADESUWA

THE BV-STARVING NIGERIAN MEAL PLAN



A PRACTICAL GUIDE TO
HOLISTIC WELLNESS

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The BV-Starving Nigerian Meal Plan

I know exactly what you were thinking when you read the "Do Not Eat" list in the main guide. You thought, "Eniola, I live in Nigeria. What am I supposed to eat if I can't have white rice, bread, or swallow?"

I get it. Our food culture is heavy on simple carbs and hidden sugars. When I first tried to starve my BV, I lasted two days before I broke down and ate a massive plate of pounded yam with egusi. I felt so guilty.

But you do not have to starve. You just have to swap.

The BV bacteria feed on simple, fast-breaking sugars. If you eat a loaf of Agege bread and drink a bottle of Coke, that sugar hits your bloodstream instantly. The bacteria throw a party. We need to feed you, while starving them.

Here is exactly how to enjoy our local food for the next 14 days without ruining your protocol.

Breakfast Swaps

Breakfast in Nigeria is usually a sugar trap. We love our milky tea, bread, and sugary cereals.

- Instead of Agege bread and tea: Eat boiled unripe plantains with a rich egg sauce or mackerel (titus) fish stew. Unripe plantain is a complex carb. It fills you up, and it actually acts as a prebiotic to feed your good bacteria.

- Instead of sugary cornflakes or Golden Morn: Switch to plain oats. Don't load it with Peak milk and sugar. Sweeten it slightly with a few slices of fresh banana or a tiny drop of pure honey. Add some chia seeds if you have them.
- Instead of fried yam (dun-dun): Boil sweet potatoes. Sweet potatoes are fantastic for your hormones and won't spike your blood sugar the way white yam does.

Lunch and Dinner Swaps

This is where it gets tricky, especially if you work in an office and rely on bukas or food delivery apps.

- Instead of White Rice: White rice is basically pure sugar to the BV bacteria. Swap it for Ofada rice or brown rice. If you are ordering food and white rice is the absolute only option, cut your portion in half. Double your meat and vegetables (like efo riro or edikaikong) to keep you full.
- Instead of Pounded Yam, Eba, or Fufu: These heavy swallows break down into sugar very fast. Your new best friends are Amala (yam flour) and unripe plantain flour (Elubo ogede). Plantain amala is incredibly healthy, light, and perfectly safe for this 14-day window. Eat it with Ewedu and lots of assorted meat.
- Instead of regular pasta/macaroni: Try to find whole wheat pasta at the supermarket, or just stick to beans. A big bowl of beans and plantain (make sure the plantain isn't overly ripe and sweet) is a perfect BV-starving dinner.

Drinks and Snacks

You are thirsty, it is hot outside, and that chilled bottle of Maltina or Fanta is calling your name. Do not do it. One bottle has enough sugar to undo three days of your hard work.

- Instead of minerals (sodas) and packaged juices: Drink Zobo. But here is the rule—you must make it yourself or buy it completely unsweetened. Boil your zobo leaves with ginger, garlic, and cloves. Drink it cold. It is incredibly refreshing and actually fights inflammation.
- Instead of milkshakes or ice cream: Drink fresh Tiger Nut milk (Kunu Aya). Just make sure the vendor hasn't added dates or sugar to it. Pure tiger nut milk is creamy, naturally slightly sweet, and completely safe.
- For snacks: Drop the Gala and biscuits. Snack on roasted groundnuts, cashew nuts, or garden eggs with peanut butter (Ose Oji).

The Owambe & Restaurant Survival Guide

What happens when you have a wedding to attend this Saturday, or a dinner date? You don't have to stay home.

If you are at an Owambe, skip the party jollof (I know, it hurts). Instead, load your plate with moimoi, peppered snail, asun, and assorted meat. Drink bottled water or soda water with a slice of lemon.

If you are at a restaurant, order a heavy protein dish. Get the grilled croaker fish with a side of sweet potato fries or a side salad. Order the pepper soup. Nobody will even notice you are on a special diet.

Your 3-Day Sample Menu

To make this completely foolproof, here is exactly what three days of BV-starving looks like:

Day 1

- Breakfast: Plain oats with sliced banana and a boiled egg.
- Lunch: Plantain Amala with Ewedu, Gbegiri, and two pieces of beef.
- Dinner: Catfish pepper soup (extra spicy to make you sweat and drink water!).

Day 2

- Breakfast: Boiled unripe plantain with titus fish stew.
- Lunch: Ofada rice with Ayamase sauce and assorted meat.
- Dinner: A big bowl of Efo Riro with chicken. No swallow, just eat the rich soup like a meal.

Day 3

- Breakfast: Sweet potato porridge cooked with lots of vegetables and dry fish.
- Lunch: Beans (Ewa Agoyin) with a small side of fried plantain.
- Dinner: Grilled chicken salad or peppered turkey with a side of moimoi.

If you stick to these swaps and this menu, you will not feel hungry, and you will not feel deprived. You are still eating delicious Nigerian food. You are just eating the versions that heal you, instead of the versions that feed the infection.